

## Recreational Opportunities

In an effort to meet a wide variety of recreational needs, the RSC offers both free and fee-based programs. In addition to specific programs, the RSC also has many amenities that are available whenever the RSC is open.

### Amenities

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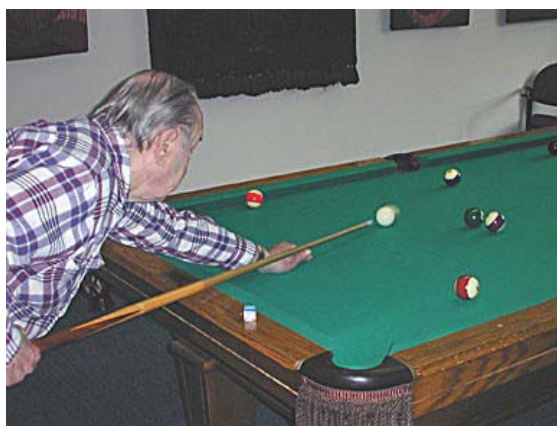
Please feel free to drop by during business hours to take advantage of the following:

**Card & Game Playing** - The tables in the Lobby are available for drop-in play. Table space is first-come, first-served. Decks of cards are available, as well as various board games. And we always have the checkerboard set up.

**Coffee Bar and Lobby** - The lobby has a “hotel-like” atmosphere. Stop in and enjoy a cup of coffee while you relax and read a magazine; or meet friends, old and new, and participate in lively conversation.

**Greenhouse** - The greenhouse is available to store your plants during the winter months. Each gardener is responsible for the care of their own plants while housed at our facility. In exchange for use of the greenhouse, we ask that you volunteer a minimum of six hours during the spring or summer to help maintain the Memorial Garden and raised garden. Look for flyers on organized gardening days.

**Library** – The library is self-serve and functions on the honor system. Participants are welcome to borrow three books at a time. Book donations are accepted. Our library assistants need help keeping the books on the shelves. If you are willing to volunteer, please fill out a volunteer application, which is available at the Front Desk.



**Outdoor Game Courts** - Located behind the RSC, offers badminton, bocce ball, pickle ball, volleyball, shuffleboard, horseshoes and croquet. The rules and information about how to play each game are available. Check out the equipment from the Front Desk staff.

**Pool (Billiards)** – The RSC has the best pool hall in town with three tables available for drop-in play. Play is open to everyone with players rotating as needed to allow everyone to play. Tables may not be reserved.

**Puzzles** – The RSC has developed a large collection of jigsaw puzzles that are available for use at home. The puzzle exchange is self-serve and on the honor system. Most puzzles are 1000 pieces or larger (puzzles smaller than 1000 pieces are donated to local

nursing facilities). Donations are accepted - until we run out of space. No room to work a puzzle at home? Feel free to join in on the communal puzzle that is always set-up in the library.

**Television Viewing** – When significant events occur, such as Mariner play-off games, a television is set up in the lobby to allow participants to view and enjoy the event together. A television is also available in Room 111/112 when the room is not scheduled for other activities.

## Interest Groups

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On-going interest groups are a major part of the RSC's programs. Led by volunteers, these groups bring together like-minded people to pursue a wide variety of activities. Most groups meet weekly, however some are monthly. There is no fee to participate in interest groups. Participation is limited to those age 50 and older.

Meeting days and times occasionally change, so be sure to check the current newsletter for the latest information on the groups that interest you.

We are always looking for new and interesting activities. If you have expertise in a topic that we do not offer, and would be willing to lead and organize a new group, please contact the Program Coordinator.

**Bingo** – This free bingo game is open to anyone. Prizes are tokens and coupons for our coffee bar and lunch program, as well as white-elephant prizes.

**Book Club** - Get together with friends and talk about the monthly reading selection. Check at the Front Desk for the group's current reading selection. Group meets the third Friday of each month.

**Bridge** – A very popular pastime at the RSC, it is played two different days during the week. Both duplicate and party bridge are played; check the newsletter for days and times. Everyone is welcome and you need not have a partner. When tables don't come out with even numbers, players are asked to rotate so everyone gets a chance to play.

**Chess** - Players of all skill levels and experience are welcome. Everyone will be given the opportunity to participate in both informal and tournament play.



**Chorus** - This group welcomes all who love to sing and are willing to make a commitment to attend practice sessions and performance sites in Redmond and East King County. Members are volunteers of, and sponsored by the Retired & Senior Volunteer Program (RSVP).

**Cribbage** - New to the RSC in the Fall of 2002, the group is looking for experienced players to join the fun. The group leader is willing to teach newcomers the game as well.

**English as a Second Language** - Is English a second language for you? Would you, or someone you know, like to improve your English? If so, come to this basic English class. This is an informal class, in a relaxed environment, led by volunteers. We are looking for volunteer tutors for this class.

**Genealogy** - Learn to organize research material and how to locate ancestors. Anyone with questions is encouraged to bring them. Both beginning and experienced family historians are welcome. Sponsored by David Douglas Chapter of the Daughters of the American Revolution (DAR).



**Line dancing** - This informal line dancing group has a great time kicking their heels up for fun and fitness. If you know the basics of line dancing, come join the group to develop your skills.

**Mah Jongg** - Also new to the RSC in the Fall of 2002, this ancient Chinese game of skill and luck is both fun and challenging. Experienced players are invited to bring their tiles and come join the fun.

**Needlecrafts** (a.k.a. the Crafty Ones) - Bring and share whatever craft you are working on or knit for Family Village and Operation School Bell. Visit while you work and learn from others. Help is available on knitting and crochet projects.

**Painting** (a.k.a. Come & Paint) - For people who love painting and enjoy the company of other artists. There is no instruction. Share your knowledge and ideas. Bring your own supplies; watercolor, acrylics or pastels. Easels are available. Sorry, we are unable to store paintings.

**Pinochle & Canasta** – Also popular games at the RSC, everyone is welcome to join the fun. If you don't know how to play, the group is willing to teach you.

**Quilting** - Socialize with other quilters while working on your own project. Newcomers to quilting are welcome; the group is happy to share their experience and offer advice on projects.

**Swingin' Seniors Band** - A musical group of people who enjoy playing music together, as well as performing for RSC and community events. Ability to read music is required. Everyone is invited to come and listen. See Dance Schedule listed under "Special Events" in the newsletter for more information.

**Table Tennis** - A great way to get some exercise, this active group really gets the balls flying. The RSC has four tournament-quality tables; paddles and balls may be checked out from the staff. The group generally plays twice a week, however, depending on RSC programming, table tennis may be unavailable on some dates.



**Tennis** - This group of tennis lovers plays all year-round. The group is always looking for new players to share in their affinity of tennis. All levels of players are welcome.

**Trail Walking** - Walk with friends along the Sammamish River Trail or at other selected sites. Each walk averages about three miles, or go as far as you like. This is an informal, unsupervised activity that meets inside the RSC.

**Watercolor** – Join this informal group to share inspiration and experience. There is no formal instruction; however, experienced participants are willing to advise newcomers. Bring your own supplies. Easels are available. Sorry, there is no space to store paintings.

**Writing** - Share your creative writing and poetry with this informal group. It's a fun way to develop your writing skills. The group is currently seeking new leadership and participants.

## Fee-based Programs

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### Classes

Classes where an instructor is paid to teach a specific skill make up the bulk of our fee-based programs. These classes are run in sessions of four, six, or eight weeks, or by the number of opportunities to participate each month. The fee is based on the instructor's salary, plus supply costs and a small administrative fee. Every attempt is made to keep cost low and affordable for participants on fixed incomes.



Classes are offered in the areas of fitness, arts and dance, leisure activities, health, and lifelong



learning. Complete details on all classes are found in the Parks and Recreation Brochure and our newsletter.

The RSC is currently seeking to expand and improve the classes that we offer. We are looking for skilled, qualified instructors in all topic areas. If you, or someone you know, is available during daytime hours and is interested in teaching at the RSC, please contact the Program Coordinator for information on making a course proposal.

## **Trips**

The RSC currently offers day trips once a week, usually on Tuesdays. Transportation is on the RSC's bus and the trip is led by one of our drivers. Destinations vary each quarter, with more indoor activities in the winter and more outdoor activities in the summer. We attempt to offer at least one trip in each of the following categories each quarter:

- Culture and the arts, such as an art museum or a play.
- Sports or gaming, perhaps a Mariners game or trip to a casino.
- Nature and wildlife; with our many zoos and gardens, we have many choices.
- Scenic drives to many of the beautiful areas of our state such as Mt. Rainier.
- Shopping and sightseeing.
- Current attractions, such as the Puyallup Fair or Sequim Lavender Festival.

Complete details for all trips are found in the newsletter.


### **How Much Walking Will There Be?**


The amount of walking involved in each trip can be a major factor in your decision to participate. Terrain, as well as distance, can make a big difference in how much you enjoy the experience. The following rating system has been developed to help you choose trips that are a good match for your walking abilities.

 Minimal walking, smooth and level surfaces (e.g. across paved parking lot)

 Minimal walking, rough yet level surfaces (e.g. across gravel parking lot)

 Moderate walking, variable level surfaces

 Mostly walking, smooth surfaces, some hills and/or stairs

 Mostly walking, rough surfaces, hills and/or stairs

In short, the more shoes you see next to a trip, the more rigorous the walking. Please note that with prior notification the RSC will make every effort to provide appropriate accommodations for individuals with disabilities.

### **Trip Policies**



Registration Priority - Trips are restricted to individuals age 50 or older. Redmond residents have registration priority; nonresidents may register two days later. Registration dates are listed in the newsletter.

Transportation to the RSC - All trips originate at the RSC. Some trips include transportation to and from the RSC for Redmond residents. Trips that do not include transportation to and from home will be clearly noted in the description. If the trip you are interested in does not include transportation to and from home, or you are not a Redmond resident, you can contact ACCESS at 206-553-3060 for information regarding their transportation program.

Pre-Trip Notification - As a courtesy, staff generally telephone all registered participants one or two days prior to the trip to review details. However, it is your responsibility to ensure that you are aware of your trip's requirements. Please refer to the description in the newsletter for trip details.

Meals and Admissions - Trip descriptions clearly state what is included. Whenever possible, admission is included in the trip fee to facilitate entrance into the attraction. Generally, trip fees do not include meals costs. Be prepared to pay your meal cost and gratuity.

Times - Every attempt is made to publish accurate times in the newsletter. Unless advised otherwise by staff, plan to arrive at the RSC 15 minutes before the published time. Please avoid time conflicts by not planning other activities immediately following the estimated time of return.

Mobility Assistance - Accommodations are available for individuals who use a wheelchair. An attendant to push the wheelchair must be provided by the participant; no additional fees will be charged. Please notify staff of such needs at the time you register so appropriate bus reservations can be made.

Withdrawal - If you need to withdraw from a trip, please notify the RSC Program Coordinator as soon as possible. Please see the standard refund policy listed on the next section of this guide. If there is a waiting list, the staff will make every effort to fill the seat. Participants are not allowed to arrange their own replacements.

## **Registration and Refund Policies and Procedures**

### **Mixed-Age Classes**

In order to offer a wider variety of classes, the RSC offers some classes with mixed ages; however, not all classes are for mixed ages. Mixed-age classes are clearly indicated. Children are not allowed in classes or workshops unless specifically noted in the class or workshop description.

### **Who is Eligible to Register for RSC Classes**

Age and location of residence determines eligibility and fees. Please state your status when registering. Look for the following letter designations when reading the fee line in class descriptions.

S = Senior - Individuals 50 years of age or older, regardless of where they live, have first priority for registration, pay base fee

R = Resident – Individuals and their families younger than 50 years of age who reside or work in Redmond, pay same as Senior

N = Non-resident - Individuals younger than 50 years of age who reside outside of Redmond, pay approximately 20% more

### **Three Easy Ways to Register**

1. Phone-in Registration - 425-556-2314, 8:30am-4:30pm  
By VISA/MasterCard ONLY! (\$5 minimum)  
Please have the following information ready when you call:
  - Class/trip number(s)
  - Name, address and phone number
  - Credit card number and expiration date
2. Mail-in Registration Address - Complete the registration form found in the newsletter or the Recreation Guide and mail it with your payment to:  
Redmond Senior Center, MS: CHSC  
P.O. Box 97010  
Redmond, WA 98073-9710  
Make checks payable to: CITY OF REDMOND. Please **do not** send cash.
3. Walk-in Registration:  
Redmond Senior Center, 8703 160th Avenue NE, Redmond, Washington  
Office hours: 8:30 am - 4:30 pm, Monday - Friday  
Cash, check or credit card payment accepted.

**Incomplete or Illegible Registration Forms** -- Registration forms that are not filled out completely and clearly will not be processed and will be returned. It is up to the participant to verify their enrollment in our classes.

### **General Registration Information**

- One family per registration form (photocopies of forms are okay).
- Pre-registration is required for all programs; no in-class registrations will be accepted.
- Classes will be canceled if minimum enrollment is not met 48 hours prior to the beginning of the class, or by any deadline date specific to a class as mentioned in the class/trip description. So, DON'T WAIT TO SIGN UP!

### **Parks and Recreation Department Refund Policy**

If you must withdraw from a class or trip, we encourage you to notify us as soon as possible. This allows us to fill your spot with other participants if there is a waiting list, or if the enrollment is too low, we can cancel the program in a timely manner.

1. Unless otherwise noted in the class/trip description, withdrawals requested seven (7) days or more prior to the first day of class will receive a full refund, less a \$5 administrative fee.
2. Unless otherwise noted in the class/trip description, withdrawals between seven (7) days and the second class meeting will receive a 50% refund. One day classes and trips will not be refunded after the class meets or the trip takes place.
3. No refunds will be processed after the second class meeting.
4. If the RSC cancels a program, a full refund will be issued.
5. Certain trips have special refund procedures and payment deadline dates. Please check trip description.

### **Transfers**

Transfers to future sessions or other classes must be made prior to the second meeting of the class currently enrolled.

### **Special Events**

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Throughout the year, the RSC offers many special events. Watch the newsletter for information on:

- Special Holiday Lunches celebrating Mother's Day, Father's Day, Thanksgiving and Christmas
- The Spring Dessert Dance and the Candlelight Dinner Dance
- Flea Market in June and Craft Bazaar in November
- Annual BBQ and Concert Lunches in the summer

